

Week of December 1st--6th

Thursday December 1st

Chicken Primavera & Noodles
Mixed Vegetables
Tossed Green Salad
Vanilla Ice Cream

Friday, December 2nd

Garlic Buttered Fish or Pork Chop
Baked Potato, Sour Cream & Chives
Steamed Broccoli
Garden Salad
Fresh Apple

Saturday, December 3rd

Vegetable Soup
Turkey Divan and Brown Rice
Peas and Carrots
Coleslaw with Pineapple
Cup of Juicy Apricots

Sunday, December 4th

Pork Riblet Sandwich on a Bun
Macaroni Salad
Succotash
Tossed Salad
Sliced Cantaloupe

Monday, December 5th

Beef Stroganoff with Buttered Noodles
Harvard Beets
Coleslaw with Carrots
Tapioca Pudding

Tuesday, December 6th

Pork Broccoli Stir Fry
Barley Pilaf
Peas with Pearl Onions
Marinated Tomato Bell Pepper Salad
Birthday Cake

Week of December 7th-12th

Wednesday, December 7th

Vegetable Soup
Chicken Marsala with Wild Rice
Brussels Sprouts
Spinach Mushroom Salad
Chinese Almond Cookies

Thursday, December 8th

Navy Bean Soup
Swedish Meatballs & Seasoned Noodles
California Blend Vegetables
Persian Cucumber & Tomato Salad
Fresh Grapes

Friday, December 9th

Breaded Fish or Spinach Quiche
Brown Rice
Winter Squash
Tossed Salad
A Bunch Strawberries

Saturday, December 10th

Beef Stew with Vegetables
Spinach with Mandarin Orange Salad
Hot Biscuit
Fresh Banana

Sunday, December 11th

Roast Turkey with Gravy
Baked Yam
Green Peas
Marinated Three Bean Salad
Cup of Juicy Pears

Monday, December 12th

Chicken Teriyaki
Barley Pilaf
Butternut Squash
Broccoli Slaw
Apple Crisp with Oatmeal Topping

Week of December 13th-18th

Tuesday, December 13th

Carne Asada
Brown Rice and Beans
Spinach Mushroom Salad
Citrus Cup

Wednesday, December 14th

Minestrone Soup with Garlic Bread
Vegetarian Lasagna
Steamed Broccoli
Garden Salad
Fresh Grapes

Thursday, December 15th

Corn Chowder Soup
Oven Fried Chicken with Baked Yam
Cauliflower with Pimentos
Persian Cucumber and Tomato Salad
Cup of Juicy Peaches

Friday, December 16th

Cream of Tomato Soup
King Fish Taco or Meatloaf
Confetti Rice
Mixed Vegetables
Coleslaw
Chocolate Pudding

Saturday, December 17th

Turkey Rice Casserole
Brussels Sprouts
Romaine Lettuce Tomato Salad
Wedge of Cantaloupe

Sunday, December 18th

Spinach Quiche
Brown Rice
Broccoli and Cauliflower
Caesar Salad
Asserted Flavored Yogurt

Week of December 19th-24th

Monday, December 19th

Country Fried Steak
Mashed Potatoes & Creamed Spinach
Tossed Green Salad
Wedge of Cantaloupe

Tuesday, December 20th

Lentil Soup with Wheat Roll
Asian Chicken Salad Crispy Noodles
Orange Carrot Gelatin
Fresh Banana

Wednesday, December 21st

Thyme Pork Chop with Gravy
Fresh Baked Yam
Corn
Garden Green Salad
Bunch of Fresh Strawberries

Thursday, December 22nd

"Christmas Luncheon"

Baked Ham with Rum Sauce***
Sweet Potato Sliced Apple Casserole
French Style Green Beans Almandine
Tossed Green Salad
Christmas Cake

Friday, December 23rd

Breaded Fish or Chicken Picatta
Barley Pilaf & Brussels Sprouts
Romaine Lettuce with Tomato Salad
Pumpkin Cake

Saturday, December 24th

Sweet and Sour Pork
Brown Rice
Winter Squash
Creamy Coleslaw
Cup of Fruit Cocktail

Week of December 26th-31st

Monday December 26th

Pork Stew with Vegetables in Entrée
Coleslaw
Hot Biscuit
A Cluster of Grapes

Tuesday, December 27th

Enchilada Pie
Spanish Rice & Refried Beans
Marinated Tomato Bell Pepper Salad
Applesauce with Cinnamon

Wednesday, December 28th

Armenian Chicken and Barley Pilaf
Normandy Vegetable
Lavash
Garden Salad
Wedge of Cantaloupe

Thursday, December 29th

Vegetable Soup
BBQ Pulled Pork Sandwich on a Bun
Potato Wedges
Marinated Beets and Onion Salad
Citrus Cup

Friday, December 30th

NEW YEAR'S LUNCHEON

Tomato Cream Soup with Wheat Roll
Roast Beef Au Jus & Whipped Potatoes
Broccoli Spear
Black Eyed Peas
Velvet Chocolate Cake

Saturday, December 31st

Pepper Beef Steak
Noodles
Sauté Spinach
Tossed Salad
Flavored Yogurt

December Meal of the Month



Tomato Basil Salmon

Ingredients

2 (6 ounce) boneless salmon fillets
1 tablespoon dried basil
1 tomato thinly sliced
1 tablespoon olive oil
2 tablespoons grated Parmesan Cheese

Directions

Preheat oven to 375 degrees. Line a baking sheet with a piece of aluminum foil, and spray with nonstick cooking spray. Place the salmon fillets onto the foil, sprinkle with basil, top with tomato slices, drizzle with olive oil, and top with parmesan cheese.

Bake in preheated oven until salmon is opaque in the center, and the cheese is lightly browned on top, about 20 minutes.

Sunday, December 25th
**MERRY CHRISTMAS TO ALL
THE SENIOR NUTRITION
PROGRAM
WILL BE CLOSED
CHRISTMAS
DAY.**



Community Services and Parks Department

Serving Meals at Three Locations:

- **Adult Recreation Center/Central Park Complex**

201 E Colorado St

Glendale Ca 91205

818 548 3775

Lunch Served: 7 days a week!

- **Sparr Heights Community Center**

1613 Glencoe Way

Glendale Ca 91208

818 548 2187

Lunch Served: Monday– Friday

- **Pacific Park Community Center**

501 S Pacific Ave

Glendale Ca 91204

818 548 3775

Lunch Served: Monday, Wednesday & Friday

***Please remember to reserve or cancel
your meal at least one day in advance.
Menu is subject to change without
notice.***

Community Services and Parks Department will provide reasonable accommodations toward the inclusion of all participants. Please notify us of your needs at the time of reservation.



Senior Café

**DECEMBER
2016**



City of Glendale
Community Services & Parks
Department

Telephone Reservations or
Cancellations call:
Adult Recreation Center/Central at
(818) 548-3775